

PREVALENCE OF MUSCULOSKELETAL DISORDERS RELATED TO DIGESTIVE ENDOSCOPY

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An international survey of 417 hepato-gastroenterologists found that 28.7% experienced musculoskeletal disorders in the preceding 12 months, with lower back, neck, and right wrist most commonly affected.

KEY POINTS

- Among 417 digestive endoscopy practitioners (median age 37, 60% female), 41% had a history of musculoskeletal disorders, 28.7% reported disorders in the past 12 months, and 43.88% in the past 7 days.
- The lower back (71%), neck (65.5%), and right wrist (41%) were the most affected anatomical sites, while hips and elbows were least affected.
- Statistically significant risk factors included age 40-60 years (61.2% vs 30.5% in those under 40, $p < 0.001$), BMI above 24 kg/m² (43.7% vs 23.2% with BMI under 18), longer endoscopic practice duration ($p = 0.024$), and practice of therapeutic or advanced endoscopy including ERCP ($p < 0.001$).
- Prior history of musculoskeletal disorders was associated with higher risk in the study year (52.6% vs 37.8%, $p = 0.003$).
- The authors state that results underline the importance of prevention through adaptation of work ergonomics and physical exercise.

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